

Drinking and driving and seatbelt use among Nebraska adults

2008 Nebraska BRFSS Quick Facts :

- Over 85% of adults reported always or nearly always wearing a seatbelt, while fewer than 3% of adults reported drinking and driving.
- Males were more likely to report drinking and driving than females.
- Females were more likely than males to report always or nearly always wearing a seatbelt .

Figure 1: Percentage of adults who report drinking and driving and always/nearly always wearing a seatbelt, by year, 1989-2008

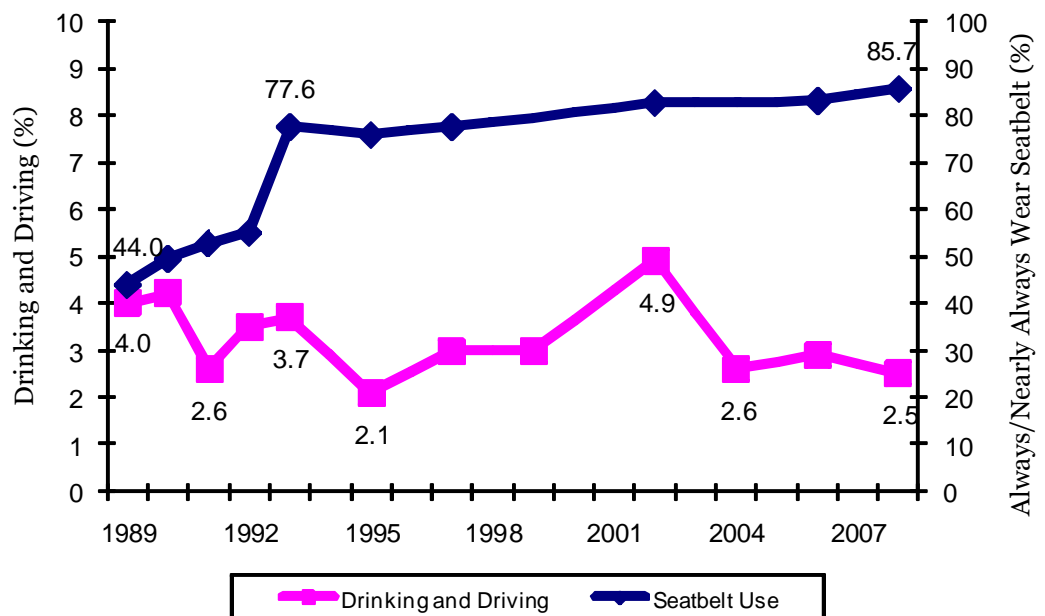


Figure 2: Percentage of adults who report drinking and driving, by age and gender, 2008

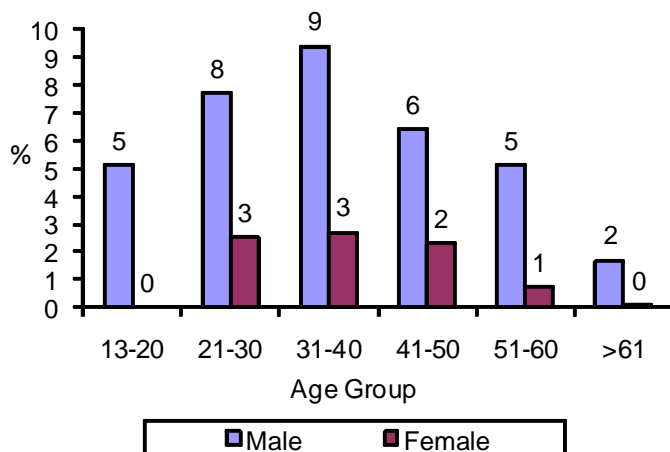
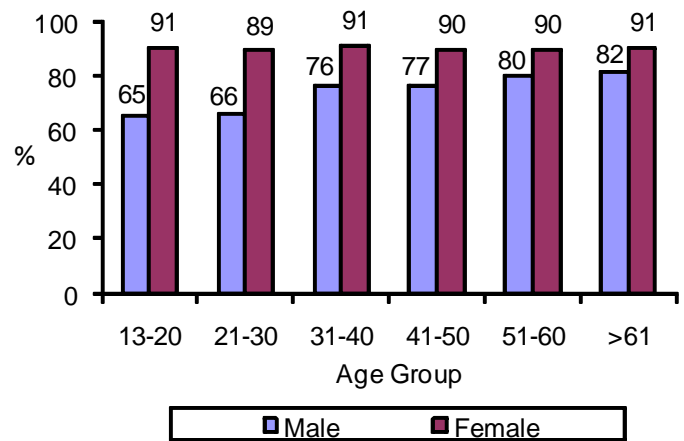


Figure 3: Percentage of adults who report always/nearly always wearing a seatbelt, by age and gender, 2008



Nebraska Behavioral Risk Factor Surveillance System

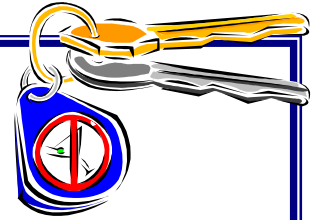
Seatbelts save over 13,000 lives every year. One of them could be yours...

- Buckling up is the single most effective thing you can do to protect yourself when driving or riding in a car.
- By buckling up, you're not only reducing your chances of being stopped and ticketed, you're also increasing your chances of staying alive in a crash.
- If you're driving with children, make sure they are buckled into appropriate safety seats.



- Child safety seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to four.
- The safest place for children of any age to ride is properly restrained in the back seat.

Every 45 minutes, someone in the U.S. dies from motor vehicle crashes that involve an alcohol-impaired driver.



Following these tips from the National Highway Traffic Safety Administration (NHTSA) can help you stay safe:

- **Plan ahead.** Always designate a non-drinking driver before any holiday party or celebration begins.
- **Take the keys.** Do not let a friend drive if they are impaired.
- **Be a helpful host.** If you're hosting a party, remind your guests to plan ahead and designate their sober driver; always offer alcohol-free beverages; and make sure all of your guests leave with a sober driver.

For more information on driver and passenger safety, visit www.nhtsa.gov/Driving+Safety

For more information about Nebraska traffic safety facts, contact:

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About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from BRFSS surveys conducted in Nebraska in 1989-2008. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>